

0-6 months

How to keep your child safe from injury at home, on the road and at play



Top safety concerns for your newborn to 6 month old:

- Falling from beds, couches and change tables
- Choking on liquids or small pieces
- Suffocating in unsafe sleep conditions
- Being burned by hot bath water or spilled hot liquids
- Being hurt in a car crash
- Drowning

Safety at home

- Put your newborn to sleep in an empty crib or bassinet without bumper pads, heavy blankets or stuffed animals.
- Keep one hand on your newborn when using a change table, or change your newborn on the floor.
- Keep one hand on your newborn at all times during bathtime.
- Check bath water with the inside of your arm to make sure it is not too hot for your newborn's skin.
- Add your local poison control numbers to your phone contact list: **In NB, call 811 or 911.**
 - **In NS or PEI, call 1-800-565-8161.**
 - **In NL call 1-844-POISONX**



Have questions?
Call us at 1-866-288-1388



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Safety on the road

- Always use a rear-facing car seat on every ride in a car, truck or van, even when travelling in a taxi.
- Buckle all parts of the harness and tighten.
- Install the seat securely. Tug firmly where the belt attaches the seat to the car; it should move less than 1 inch (2.5 cm).
- Dress your baby in light layers and add blankets over top, after your baby is safely buckled.
- Take your newborn out of the car seat once you arrive. A car seat is not a safe place for your newborn to sleep.

Safety at play

- Use teething toys and gentle gum massages instead of teething jewellery.
- Follow age recommendations on toys and other baby products
- Help your baby learn and grow by enjoying playtime together.
- Use baby seats, swings, exersaucers and other activity mats on the floor.



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